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## Perfecting your Pitch

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# **Perfecting Your Pitch**

In search of the perfect baseball pitch and its training

Erik van der Graaff

This PhD thesis was embedded within Amsterdam Movement Sciences research institute at the Department of Human Movement Sciences, Faculty of Behavioural and Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands. The research presented in this thesis was supported by the the Dutch Organisation for Scientific Research (NWO) under Grant [12893]. This STW-funded project, named project FASTBALL, is a cooperation between the Dutch baseball federation and the Vrije Universiteit Amsterdam, Delft University of Technology, the Bergman clinic, Motekforce Link and the fysio practices Medicort and Manual Fysion.

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VRIJE UNIVERSITEIT

**PERFECTING YOUR PITCH**

In search of the perfect baseball pitch and its training.

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor of Philosophy aan  
de Vrije Universiteit Amsterdam,  
op gezag van de rector magnificus  
prof.dr. V. Subramaniam,  
in het openbaar te verdedigen  
ten overstaan van de promotiecommissie  
van de Gedrags- en Bewegingswetenschappen  
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